



# Family Newsletter



July 2021

## Important Dates

July 5: Fourth of July– EHS office closed. Enjoy your holiday!

Week of July 19: Early Head Start will have a federal review this week.

## July Birthdays:

Zoe B. 7/2  
Kailani S. 7/30  
Steven O. 7/31

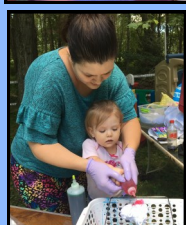
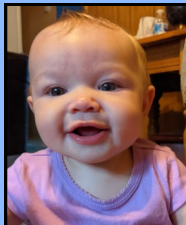
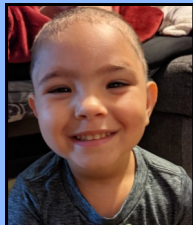
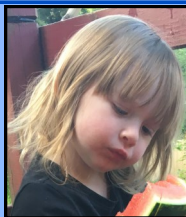


## Book of the Month

**Brown Bear, Brown Bear, What Do You See?**

This classic board book features repetitive questions about animals and colors that your child will soon be able to answer before you even turn the page.

You can find it at Walmart for \$7.36!



## Sun Safety and Cancer Prevention Month

July is sun safety awareness month. Below is information that can help protect you and your family from the harmful effects of the sun.

### Myths VS. Fact

**Myth:** The amount of sunscreen you use does not matter as long as you're using it.

**Fact:** Sunscreen should be used generously and reapplied every two hours.

**Myth:** You don't need sunscreen if you have dark skin or already have a tan.

**Fact:** Anyone can be subject to the harmful effects of the sun regardless of race, ethnicity or skin type.

**Myth:** Sunscreen is not necessary on cloudy days.

**Fact:** Up to 80% of the sun's ultra violet rays can pass through clouds. UV rays can also be reflected from sand, snow and water.



**Do you know that 1 in 5 Americans will develop skin cancer in the course of a lifetime?**

Skin cancer is one of the most common cancers diagnosed in the United States. Skin cancer can affect anyone regardless of age, gender, skin type/color, or location in which you live. Infants and children are extra sensitive to the harmful effects of the sun and protecting their skin is essential.

**The good news:**

Skin cancer is known as a "lifestyle disease" and can be prevented by following these simple steps:

**Apply Sunscreen:** Apply Sunscreen generously 30 minutes before going outdoors. Use a sunscreen that contains both UVA and UVB protection with an SPF of at least 15. Apply sunscreen to your child every time they go outside. Remember to apply to areas that are commonly missed such as ears, noses and tops of feet and hands.

**Wear a Hat:** Wear a hat that provides shade to the face, scalp, tops of ears and neck for added protection.

**Clothing:** Lightweight clothing such as a t-shirt or beach cover up can help to shield sensitive skin areas from the sun but should always be doubled up with sunscreen.

**Shade:** Play in shaded areas between the hours of 10 a.m. and 4 p.m. when the sun's rays are strongest. Plan indoor activities during midday when the sun's UV rays are most harmful. If you are outdoors at this time seek shade under a tree, an umbrella, or a pop-up tent in order to prevent sunburn, not to seek relief after it's happened.

**Note:** Some medications can increase your child's sensitivity to the sun. Ask your pediatrician if your child is at increased risk.

**\*\* Remember:** Reapply sunscreen every two hours, directly after activities such as swimming or if your child is sweating.

The best way to teach your child healthy lifestyle choices is to lead by example. Protect yourself and your children daily!

### Resources

<http://www.sun-protection-and-products-guide.com/sunscreen-facts.html>

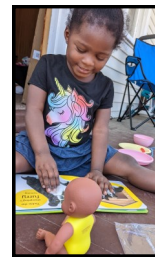
<http://www.skincancer.org/>

<http://www.skincancer.org/prevention/sun-protection/children/sun-safety-tips-for-infants-babies-and-toddlers>

<http://www.parents.com/kids/safety/outdoor/5-steps-to-sun-safety-for-kids/>



July is a good month to spend some time outside. Have your child help and pack a bag with healthy food and snacks. Take the bag outside and enjoy a picnic as a family. Remember, children love to be helpful. Let them carry a bag, backpack and water!





PFCS Early Head Start  
929 Menoher Blvd.  
Johnstown, PA 15905

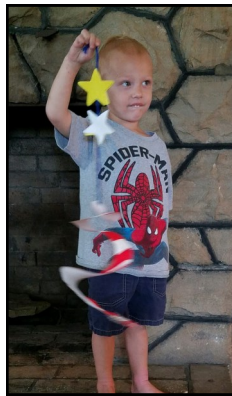
## Patriotic Wind Catcher

Materials Needed: Paper Plate, Yarn, Hole Punch, Scissors, Star Stickers or Star Cutouts, Red and Blue Paint, Paintbrush

Directions: Paint red stripes on a paper plate. After the paint dries, place star stickers or star cutouts on the plate. Cut the plate into a spiral. Punch a hole at the top of the spiral and thread yarn through the hole-hang.

Great activity for color and shape recognition and fine motor skills - also promotes language skills as you talk to your child about the meaning of the 4th of July!

Thanks to Sarah, Dixon, and Jesse for the fun activity!



## **WANTED!**

**Policy Council Parents**



Independence Day honors the birthday of the United States of America and the adoption of the Declaration of Independence on July 4, 1776. It's a day of picnics and patriotic parades, a night of concerts and fireworks, and a reason to fly the flag.

## **Fun with Food!**

Banana Split with a twist

### Supplies Needed:

- Banana
- Watermelon
- Whipping Cream
- Berries (optional)

### Directions:

Cut banana in half lengthwise and place on a plate. Top with watermelon balls formed with an ice cream scoop. Add dollop of whipped cream and sprinkle berries!



## **Ants At The Picnic Sung to "Skip to My Lou"**

Ants at the picnic,  
what'll I do?  
Ants at the picnic,  
what'll I do?  
Ants at the picnic,  
what'll I do?  
Guess I'll eat real quickly!

The best way to live is to begin  
to experience life!